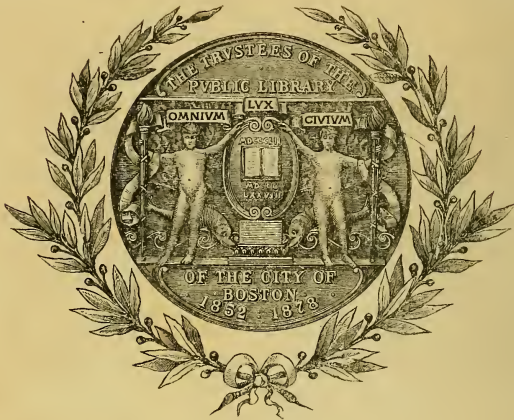




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BADGER'S
THERAPEUTIC,
AND BATHING CIRCULAR.

CHAMBER SHOWER - BATH,



WITH VAPOR APPARATUS.

175 *Drummond St.*

SECOND EDITION.

PUBLISHED BY L. V. BADGER. 49 CONGRESS ST.

FOR GRATUITOUS CIRCULATION.

STOVE ADVERTISEMENT.

As much of the subscriber's time is consumed in producing the greatest amount of happiness among mankind, he would respectfully say to the public that he is prepared to keep them warm in winter, and cool in summer.— Besides the bathing apparatus, a good assortment of the following articles, kept constantly on hand, and for sale cheap :—

Badger's Coal Air Tight Stoves, the best stove in the market, so say all those who have them in use. Abundance of evidence can be shown to substantiate this assertion.

Page's Furnaces for warming houses, churches, and public buildings; they have been thoroughly tested, and proved satisfactory.


Badger's Improved Rumford Cooking Range. After leaving the whole market open for competition to this late day, I have taken the responsibility of trying my plan to please the ever changing fancies of that great body, the public; one principle which I have attained, is to furnish small ranges, such as will come within the means of any person, and will cost but a trifle to set them, making just the article that is wanted by those who are moving from place to place. My ranges can be removed nearly as easily as a cook stove, and as little fuel is required to operate them.

Parlor and chamber grates from the first manufactory in the United States.

Hamplon's Patent Hot-Air Grate. This is an entirely new article, and is spoken of in the highest terms by the commissioners at the late fair in New York.

Cooking Stoves of various patterns for wood and coal.

I have the Agency of one of the best manufactories of Hollow Ware. Oven mouths and boiler doors; iron sinks; coffee mills; fire-bricks; cooking furnaces; sad-irons; pumps; Rumford ovens; Yankee bakers, &c., &c.

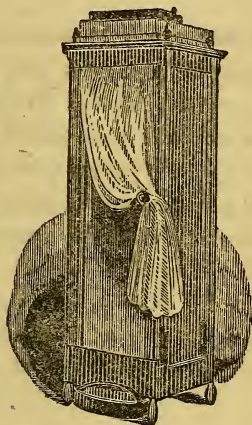
 *Tin, sheet-iron and copper work of every description done with despatch.*

L. V. BADGER, 49 Congress St., Boston.

BADGER'S
THERAPEUTIC,
AND BATHING
CIRCULAR.

7809.67

PATENT CHAMBER



SHOWER - BATH.

Pure water, fresh air, and healthy food,
Nature gives in abundance.



SECOND EDITION.

Boston :

PUBLISHED BY L. V. BADGER,

No. 49 Congress Street, Boston.

July 30, 1845.

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PREFACE.

June 10, 1871

A book without a preface, may be likened to a complex machine without explanatory notes; but such an appendix to a book like this may appear superfluous. The reader will understand that I wish him to look over the following pages with attention. It has been my aim to procure such extracts and certificates in as condensed a form as possible, and lay them before the people. The generality of mankind are ignorant of the laws of physiology; and until it is better understood, the importance of the subject set forth in the following pages cannot be too fully appreciated. As brevity is a gem, I will only say, read the book, follow its precepts, and you will attain a happier and better life.

The great call for this work has induced me to publish another edition; and while the public is so eager to get facts of the nature set forth under this cover, I shall continue to supply the demand, although I ask nothing, yet it is worth more than many books which are sold at a great price.

L. V. B.



REMARKS ON BATHING.

BATHING has from time immemorial been one of the customs of the people. The ancients considered it of so much importance that public baths were established for the free use of the poor people. And it may be said that the health and happiness of many nations is to be attributed to the frequent use of bathing. How has this custom been almost abandoned in modern times. Let us look at civilized society in every part of the world, in that portion where knowledge and education are so thoroughly disseminated, and what do we see in regard to this most salutary and important custom. We have offered to us, and introduced by the most learned, panaceas for every complaint and disease that the human frame is susceptible of, and what does it all amount to? I hold, and the laws of nature establish the fact, that animal life cannot be sustained in a healthy state without the frequent use of bathing. The free use of cold water keeps off and prevents disease, which is multiplying to such an alarming extent. As fashion and wealth increase, so will disease. We are not satisfied with the food provided by nature. God has furnished it in profusion. If used in its natural state, plainly cooked, mankind may live happily and contented. If the body is submitted to frequent ablutions, sickness will be mitigated, as it is among the lower classes of animals.

Man, whose food is so perverted by fashion, should use the bath every morning. The vast quantities of matter thrown off from the skin must not be checked. When we consider that a great portion of the substance taken into the stomach is passed off in a fluid state from the surface of the body, how easy to see the importance of keeping it perfectly clean.

We are told by some that bathing does not agree with them, their state of health will not permit it to be done, and they have to give it up—and in fact that a bath has not been used by them for years. What does this prove? First, that no person in this situation can enjoy good health, disease is working itself slowly, but surely, and alas, when too late, sickness and death is the consequence. Again, a person tells you he has tried a bath, once or twice, and he finds by experience it will not do for him; many frivolous excuses are made, it moistens his hair, it creates an uneasiness in the thorax, it chills his fingers, and causes such a coldness to come over him that he cannot stand it, he has to give it up in despair. This is the course pursued by many, and to such I would beg the privilege of giving some advice. How

feels the glutton or the drunkard when his voraciousness cannot be appeased, when he is obliged to become temperate? He complains of a palpitation of the heart, a queer feeling in the head, an itching in the stomach, a pain in the great toe, or some other dreadful malady. Thus he is led to abandon his reformation and follow his old practices, and the result is death and destruction. Every man of sense must know that a great change made in the course of habitual life must cause some unusual symptoms. The abuse of nature, to be entirely changed, will produce many unpleasant feelings for a time. This we must expect, and should be willing to submit to, as a penalty for our former errors of life. Any person, young or old, free from any seated disease, and many, or all who have common complaints, may be made happy by the daily use of a bath. No matter how many troubles assail him, how many notes he may have to pay, he will meet it all with calmness, with a mild and serene countenance. Anxiety to the man of business, irritation to the man of leisure, disappointment to the young lover, misfortunes to the child, will all be dispelled by the use of the bath. The inconvenience of having a bath, for daily use, has been one among the many objections for using it. This is now overcome; all persons can be fitted at a very small expense. The public may rest assured that a full supply will be furnished by me, and all may avail themselves of it.

We have slept in an age of darkness, but the light of science has thrown its rays around the happiest invention of the times, and man may now consider himself placed in a new era of enjoyment. All may partake of its radiation and become happy, by calling at the depot of health, 49 Congress street.

L. V. BADGER.

Boston, July 20th, 1845

L. V. BADGER,

MANUFACTURER OF

BATES' PATENT CHAMBER SHOWER BATH,

(WITH OR WITHOUT VALVES)

No. 49 Congress St., near Water, Boston.

BATES'S PATENT SLIDING TOP CHAMBER SHOWER & DOUCHE BATH.—From \$ 10 & upward, with all the apparatus ready for use.

The Bath is seven feet in height, and occupies a space of only two feet square upon the floor. It is designed for chamber use, and makes a very pretty piece of furniture. It may be placed near the bed, so that a person can bathe in the morning before dressing,—a great *desideratum*, as many people neglect bathing because it requires too much time to shift their clothing. The SLIDING TOP FRAME which supports the water basin, and to which the showering plate is attached, moves up and down in the grooves of the upright posts of the Bath, and is drawn down by the hand to receive the water, where it is held by a button until the basin is filled, when, by turning back the button, with a slight upward pressure of the hand, it will rise to the upper part of the frame work of the Bath. The person who wishes to bathe, then steps in, pulls a cord, and the water comes down in a copious shower upon him. A pan beneath the bottom receives the water, that descends through a small aperture left open for that purpose. It will not wet the floor when used with the least care, and can be easily managed. The water can be taken into the chamber in a good sized tin pail.

This Bath is warranted to be superior to any bath now, or ever has been in use, and can be made with *valves if desired*; although most people who use them prefer the circular pan, such as I commonly use—it is undoubtedly a better arrangement, least liable to get out of order, and will hold the water as long as you want it to. The simplicity of this bath is a great recommendation, as there is no complicated machinery about it, it will last years without repair. Any quantity of water can be raised that is wanted, without labor.

The following letters and certificates from gentlemen well known to the public, who have used Bates' Patent sliding top chamber shower baths, and Badger's Vapor Apparatus—are offered as evidence of its great utility and adaptation for the purposes designed, as well as the popularity it has acquired in the short time it has been in use.

From Doctor John C. Warren, Hersey Professor of Anatomy and Surgery in Harvard University.

At the request of Mr. Bates, I have examined his Chamber Shower Bath. It appears to me to be the most convenient portable shower bath I am acquainted with, for it is light, neat, and worked with very little trouble. This is an improvement which I am very glad to see, because I consider the external application of cold water to be a practice highly useful, and even important to most individuals.

The daily washing of the body serves to remove the cuticle, which is constantly forming on the surface of the skin, and thus purifies it, and leaves its pores open for the discharge of those fluids which the preservation of the health requires. Another great advantage is, that the sudden application of cold in this mode to the surface of the body produces a bracing effect on the internal organs, particularly those of digestion.

The introduction of these baths into public hotels would be, in my humble opinion, one of the greatest additions to the comfort of travellers, and their general use in private families would add much to the health of our whole population.

Boston, April 2d, 1845.

JOHN C. WARREN.

From the Rev. S. Barrett, pastor of Chamber St. Church, Boston.
March 12th, 1844.

SIR:—I have, during the last year, made use of "BATES'S PATENT SLIDING TOP CHAMBER SHOWER BATH," and have been exceedingly well pleased with it. It seems to me to be superior, in many respects, to any other Shower Bath that I have seen.

SAMUEL BARRETT.

From Doctor Winslow Lewis, Jr. of Boston.

March 6th, 1845.

Having, as one of the judges of the late Mechanic Exhibition, given my opinion of the merit of your Shower and Vapor apparatus, and having used one in my family since that time, I can but add that it has proved of eminent utility. Its cost is but moderate, its construction simple, and not liable to get out of order, and I recommend it as the best machine for the administration of that excellent therapeutic agent, the Shower Bath. W. LEWIS, JR.

From the Rev. J. Pierpont, pastor of Hollis St. Church, Boston.

February 13th, 1844.

SIR :—THE PORTABLE CHAMBER SHOWER BATH manufactured by you, has been used by one of my family for about four months, and highly commends itself, as well for the compactness of its arrangement, as for the neatness and facility of its operation. I have seen no other contrivance for the same purpose that combines so many advantages as this, and, at the same time, involves so little expense.

As I have been for several years in the daily use of the Shower Bath, with great benefit to myself, I can confidently recommend the "Sliding Top Bath" of Mr. Bates, to all such as wish to enjoy the comfort of conscious cleanliness, and the kindred blessings of cheerfulness and health.

JOHN PIERPONT.

From the Hon. Harrison Gray Otis, Boston.

Mr. L. V. Badger, Sir.—In reply to your note, I am quite ready to say, that I have used your Vapor Lamp in connexion with a chair and curtain, which was originally furnished with a spirit burner, and that I prefer yours altogether, as it may be placed at a distance from the other apparatus with perfect safety. I am respectfully yours, &c.

H. G. OTIS.

From L. M. Sargent, Esq.

SIR ;—I have received your note of the 19th, asking my opinion of your Shower Bath. I have used the article I bought of you with much pleasure and profit. It is very simple and compact, extremely neat and portable, and altogether the best thing of the kind I have ever seen. Respectfully yours. L. M. SARGENT.

From Doctor John Homans, Boston.

Tremont St., Feb. 22d, 1845.

Mr. Badger, Sir ;—Agreeable to your request, I cheerfully give you my opinion of the Shower Bath, furnished me by you the last year. It has been much used by many of my family, who are pleased with its convenience. The salutary effect of the shower bath, on certain constitutions and in many diseases, is too well known to need any commendation from me. Yours is particularly calculated to give satisfaction, as it is neat, portable, and easily managed by persons of all ages.

JOHN HOMANS.

From Henry Burroughs, Esq., Boston.

Boston, Feb. 22d, 1845.

Mr. Badger, Dear Sir :—We have had the Bath we bought of you about a year since, in constant use in my family, and certify that it is well and faithfully made, and operates *very* well, and I believe it a good article. I recommend the kind for those who have need of a Shower Bath in their chamber. H. BURROUGHS.

From Doctor I. F. W. Lane.

Boston, March 1st, 1845.

The functions of the digestive apparatus and of the skin are so intimately connected, that the disturbance of the former frequently results solely from impediments to the due discharge of the duties of the latter. From inattention to cleanliness of the whole surface of the body, and from a want of more frequent general ablu-tion, the minute pores of the skin become blocked up, so that the proper evaporation can no longer take place. To obviate these difficulties, and the diseases originating from them, no measure is perhaps so well adapted as the Shower Bath, properly regulated.

The patent Bath of Mr. Bates, manufactured by L. V. Badger, is an article not only well adapted to all the cleanly purposes of the body, but so combines neatness and elegance as to be an ornament to any chamber. The day cannot be far distant, when it will be deemed as essential to furnish the dressing-room with one of these, as it formerly was with the wash-basin, and the advantages to the health resulting from the change, will soon make themselves apparent.

I. F. W. LANE, M. D.

From the Rev. David Reed, Publisher of the Christian Register.

Boston, March 10th, 1845.

The subscriber has used in his family, during the past year, Bates' Patent Chamber Shower Bath.

He regards it as an article of great value and convenience, and cheerfully recommends it to all who practice bathing, or are desirous to do so, as an instrument of health and comfort, which he believes they will be unwilling to dispense with, when once acquainted with its use. It is rendered more valuable by its compactness and lightness, which renders it easy to remove it from room to room, as convenience may require. DAVID REED.

*From James E. Murdoch, Esq., Vocal and Athletic Institute.
Boylston Hall, Boston.*

March 12th, 1845.

Dear Sir:—I feel much pleasure in being able to bear testimony to the great utility of your Shower Bath. As a promoter of health, the advantage arising from its use are incalculable.—Having experienced them, I feel induced to recommend them to general notice. THE SLIDING TOP SHOWER BATH of your construction, is preferable to all others, inasmuch as it can be kept in a small space, and its benefits enjoyed at a moment's notice, without the loss of time, or the labor of preparation, which I have usually experienced in the use of Baths differently constructed.

JAMES E. MURDOCH.

From the Rev. Thomas Whittemore, Editor of the Trumpet and Magazine, Boston.

THE CHAMBER SHOWER BATH.—We can recommend, with a good conscience, the Shower Bath advertised in our columns, and for sale by Mr. L. V. Badger, 49 Congress Street.—We have now had it in use about two months, and have full opportunity to test its benefits and conveniencies. The great advantage of it is, that it may stand directly at the side of your bed ; so that you may take the bath before dressing. The great trouble about bathing generally is, that a person has been obliged to divest himself of all his clothing for that purpose. With this bath, all that inconvenience is avoided, and there is scarcely any trouble attending bathing. The bath stands in your bed-chamber, upon your carpet, if you are so lucky as to have a carpet. Take into your chamber, over night, a pail of soft water, to which you can add a little warm water from the tea-kettle, if you cannot endure the shock of a cold bath, provided you have some one to rise, and make a fire, and heat the water in season. If not, take cold water ; you will soon get use to it. Your bath has a sliding top, suspended on weights. Draw the top down ; pour the water into the revolving pan ; send the top up again with the water in it ; place yourself in the bath (having previously placed the receiving pan at the aperture at your feet, to take the water as it runs away ;) pull the string over your head, and the work is done. Have a coarse towel at hand to wipe yourself dry on coming out. All this may be done in the nicest chamber, upon the most beautiful carpet, without spilling a drop of water thereon. The invigorating effect of such a bath, no one knows, who does not try it.

From Hon. H. G. O. Colby Esq. Judge C. C. Pleas.

New Bedford, Feb. 18th, 1845.

Mr. L. V. Badger, Sir:—I have used one of your Patent Shower Baths, for nearly a year, and take much pleasure in recommending it to the public. After I had given it a fair trial, I was so impressed with its usefulness, that I took special pains to speak of it to persons of my acquaintance, many of whom have purchased the article, and recommend it in the highest terms. My family would be willing to part with many articles, which are commonly considered of prime necessity, rather than relinquish their shower bath. If every householder could be induced to purchase one, we should hear less of these terrible pulmonary complaints, which are the scourge of New England.

I hope you will succeed in introducing it generally amongst the people, and thus be instrumental in promoting their health and comfort, and at the same time of wiping out the reproach, under which we lie, as a nation, of paying too little attention to personal cleanliness. Very respectfully, your obedient servant.

H. G. COLBY.

From the Report of the Mechanics' Institute, at their Exhibition in Boston, Sept. 16th, 1844.

518. "THREE SHOWER BATHS. Stephen Bates, Boston. These the Committee would recommend to the public, for their utility and cheapness. They are ornamental to the chamber, and the object for which they are made can be effected without any annoyance or spattering on the floor. Award a silver medal."

"In connection with the above, was the apparatus, (No. 939) for the generation of vapor, rendering the whole a complete article."

939. "L. V. Badger, Boston. ONE VAPOR APPARATUS. This was an apparatus to be used with the shower Bath, No. 518) for the generation of vapor, rendering the whole a complete article."

From Seth Ames, Esq., Councillor at Law, Lowell.

Mr. L. V. Badger, Sir:—I have made daily use of your Chamber Shower Baths for more than six months past, and am now in the habit of using it every morning. It requires very little time or trouble in the management, does not spill the water about the floor, is kept in order without any difficulty, and is entirely satisfactory in every respect. I should have no hesitation to recommend it as the most convenient and comfortable invention for cold bathing that I ever met with, and feel a strong belief that the daily use of it has been highly beneficial to my health. Yours respectfully,

SETH AMES.

From Nestor Houghton, Esq., Nos. 1 & 2 Chatham Row, Boston.

DEAR SIR:—I have been in the habit of using a Shower Bath, almost daily, for five or six years. Beside the feeling of cleanliness, I think it has been of advantage to my health. I have used Baths variously constructed, but none have given me so much satisfaction as the one I obtained from you, called the "SLIDING TOP SHOWER BATH." It is simple in its construction, and works easily. At my suggestion, several of my friends have also made trial of it; and all agree in pronouncing it the best article of the kind they have ever known. It is a neat, compact piece of furniture, and the one I have I consider quite an ornament to my room. Yours, &c.

N. HOUGHTON.

From O. S. Fowler, Esq., Phrenologist, New York.

SIR:—BATHING is the very best prevention of disease, if not a remedial agent, in the world, because, by keeping the skin active, and its pores open, the waste poisonous matter engendered continually by the process of life is thus thrown off. It is hardly possible for any one who uses the cold bath daily to take cold, or have the consumption, or any kind of fevers, or nervous affections.

Of *all* forms of bathing, the cold shower bath is the most agreeable, the most efficacious, and BATES' SLIDING TOP SHOWER BATH excels ALL other Baths, as far as I know: 1st, its compactness renders it ornamental to a bed chamber, and enables us to take our bath on rising in the morning, when the body is moist and warm—just the best possible time for securing the requisite reaction; and 2d, in facilitating the *frequency* of the bath, for if we can take the bath *before we dress*, before we begin our day's hurry, we shall take it ten times as often as we should if compelled to undress for that purpose. This *Patent Bath* will save its cost ten times per year in perpetual doctor's bills merely, to say nothing of its prolonging human life, and promoting personal cleanliness, health, mental discipline, moral purity, and general happiness. Every family should have and use one, summer and winter, as much as they should a table.

O. S. FOWLER.

New York, October 1st, 1844.

DEAR SIR:—By the advice of a friend, I was prevailed upon to purchase one of your "PATENT SLIDING TOP SHOWER BATHS," as being one of the most useful articles of the kind now in use; and having used it in my family for the last five months, I took pleasure in recommending them for their great utility and convenience, by which a person can partake of the *full comforts* of a shower bath at a moment's notice. I also recommend them for their neat construction, and for the small space which they occupy in a bed chamber.

JOHN J. SPROULL.

New York, October 16th, 1844.

Having used one of "BATES' SLIDING TOP SHOWER BATHS" in my family, I can with pleasure recommend it to all. For simplicity of construction, compactness of arrangement, and convenience of purpose, I think it decidedly superior to any other I have seen.

GEO. B. GRANNISS, 96 Maiden Lane.

From J. S. Hastings, Esq., Boston.

Sir;—You ask how I am pleased with the Shower Bath and Vapor Apparatus. In reply—it more than answers my anticipation, and I know of no improvement that can be made in it, or that is needed.

J. S. HASTINGS.

March 4th, 1845.

From gentlemen who have purchased the Bath and used it in their families.

The undersigned, having used in our families BATES' PATENT SLIDING TOP CHAMBER SHOWER BATH, and being convinced that it is a very useful, convenient, and necessary

article, more simple in its construction, and better adapted to the wants of the public than any thing heretofore introduced, and withal, so low in price, compared with other bathing apparatus, that we take pleasure in recommending it to all who are in the cleanly and healthy practice of frequent bathing ; and we feel assured, that all who use it will unite with us in the expression of approbation, which is fully justified by our experience. We wish success to the enterprise which has projected it, and is endeavoring to introduce it to the whole community, as frequent bathing is universally acknowledged to be essential to health and comfort, and no other mode has yet been discovered by which it can be so easily applied. The patent Sliding Top Shower Bath makes a very neat piece of chamber furniture, can be placed by the side of the bed, and used without wetting the floor any more than a wash stand, that is, not at all ; the top of the Bath is drawn down by hand, a good sized pail of water is poured into the water bason placed in the movable top, it then rises to the upper part of the bath ; the subject is then only to step in, pull a string, and the water is showered upon him. This can be done when the person rises from his bed, before dressing, which makes it very convenient as well as useful.

S. Gardner,	Boston.
John Binney,	do
Phineas E. Gay,	do
Franklin Green, Jr.	do
Henry T. Butler,	do
Henry Burditt,	Cambridge.
George Brown,	Boston.
Samuel S. Curtis,	do
M. M. Ballou,	do
Wm. Beal,	do
Thos. W. Haskins,	Roxbury.
C. Briggs,	do
E. Bartlett,	do
Wm. Dall,	Boston.
Samuel A. Walker,	Brooklyn.
Wm. A. Holland,	Boston.
Samuel Curtis,	do
William Hunter,	do
John Simmonds,	do
John Simmonds, Jr.	do
Moses Williams,	do
William Lang,	do
James Tucker, Jr.	do
John R. Brewer,	do
David S. Banks,	do
Salem T. Lamb,	do

W. R. Kelley,	do
Luke C. Childs,	Cambridge.
J. Lovejoy,	Roxbury.
Francis Curtis,	do
Henry Allen,	Boston.
Henry Kurtz,	do
Benj. Sewall,	do
H. G. Perkins,	do
Geo. A. Woods,	do
W. H. Hill,	do
George Jackson,	do
John A. Page,	do
Charles A. Elliot,	do
Joseph B. Smith,	do
J. G. Hallet,	do
Nathaniel Dana,	do
Samuel Hunt,	do
Wm. Pelby,	do
James Wells,	do
Stephen C. Perrin,	Roxbury.
George C. Lemist,	Boston.
B. F. Pond,	do
R. Crosby Kemp,	do
Geo. A. Curtis,	do
C. B. Wilder,	Chelsea.
A. H. Bean,	Boston.

Moses A. Dow, Boston.	Abraham Jackson, Boston.
Leonard Jackson, do	Albert Drake, do
Henry Rogers, Jr. do	G. G. Hubbard, do
Havlien Torrey, do	E. J. Lang, do
Charles H. Peirce, do	H. S. Warren, do
George Coolidge, do	Samuel Stillman, do
Luther Gilbert, do	Deming Jarvis do
W. B. Stevens, do	Oliver Eldridge, do
Pearson H. Field, do	Thomas Gaffield, Haverhill.
Edward L. Bond, do	J. Cutts Smith, Chelsea.
Timothy D. Bond, do	J. W. Alden, Cambridgeport.
Wm J. Eayrs, do	Charles D. Bacon, Chelsea.
Joel Priest, do	Calvin Hosman, Malden.
Augustus Brown, do	Ira Russell, Dedham.
J. Slade, do	Lyman Lock, Roxbury.
Noah Blanchard, do	Joseph Hurd, South Woburn.
W. P. B. Brooks, do	

☞ The following gentlemen have the bath in use in their families, or among their friends :—

Hon. Peleg Sprague, Judge of U. S. Court.	“ W. Sampson, Gloucester.
Hon. Lemuel Shaw, Judge of S. J. Court.	“ J. Pike, Rowley.
Hon. Robert C. Winthrop, Member Congress.	“ Mr. Howe, Roxbury.
E. A. Grattan, Esq., British Consul.	R. P. Tanner, Pittsburgh, Pa.
E. Cunard, Esq., British Mail Steamer.	C. Stebbins, Richmond, Va.
C. Benjamin, Merchant, Demerara, S. A.	J. S. Hastings, Baltimore.
Doct. A. G. Fenno, Dover, N. H.	T. D. Pearl, Edgartown, Mass.
“ Ezra Green, do	D. Wellington, Lexington, “
“ H. J. Martin, Boston.	C. Richmond, Taunton, “
“ S. O. Richardson, Reading	G. Wheelock, Attleboro', “
“ J. Tucker, Boston.	W. S. Williams, Salem, “
“ C. Eastman, Malden.	E. Fenno, Augusta, Me.
“ A. Hunting, Providence.	A. F. Clarke, Milwaukee, W. T.
Rev. F. Parkman, Boston.	Jas. F. Trott, Galena, Ill.
“ J. Richards, Hanover.	H. C. Peabody, Mobile.
“ C. Spear, Boston.	Benj. Saunders, Newburyport.
“ Alonzo Hill, Worcester.	S. Willosten, E. Hampton, Ms.
“ C. Briggs, Roxbury.	F. Parsons, Hartford, Conn.
“ H. B. Tucker, Newton.	Stephen Badger, Bangor, Me.
“ H. Burroughs, Northampton.	R. Mitchell, Jr., Nantucket.
	J. Fernald, Vinalhaven, Me.
	C. Ladd, Evansville, Me
	W. Sherman, Albany, N. Y.
	S. F. Barry, New York.
	L. Crehore, Newton.
	C. W. Bigelow, Fort Indepen.

- J. P. Rand, Pawtucket.
 W. P. Buckman, Eastport, Me.
 J. P. Shaw, New Orleans.
 J. E. Goodman, Watertown.
 S. G. Sewall, Cambridge.
 W. P. Greene, Norwich.
 S. R. Whitney, Cambridge.
 Shaw & Merrill, Bangor.
 S. G. Austin, Buffalo.
 F. B. Fay, Chelsea.
 G. B. Emerson, Boston.
 John D. Bates, do
 W. D. Sohler, do
 R. B. Balling, Richmond, Va.
 C. Shaw, Chillicothe, Ohio.
 Alex. McCurdy, Pittsburgh, Pa.
 Thomas Seaver, Nova Scotia.
 C. W. Mellen, Foxboro'.
 Leonard Smith, Waltham.
 D. Gerrish, Havana, W. I.
 H. Poor, Danvers.
 W. J. Ledyard, Mobile.
 J. P. Bowker, Walpole.
 Jacob Foss, Charlestown.
 Davis & Sheldon, Providence.
 G. B. Weston, Duxbury.
 Geo. Lapping & Co., Louisville.
 John White, South Reading.
 A. Low, New York.
 Samuel Guild, Roxbury.
 S. B. Whitney, Waltham.
 Jarvis Williams, Saco.
 Charles Sprague, Boston.
 S. Frothingham, do
 W. F. Hovey, East Machias.
 Lurandus Beach, Dover, N.H.
 John Bowen, Mobile.
 T. Bradbury, Petersburg, Va.
 G. Curtis, Hingham.
 C. Lane, do
 W. Beals, Morn. Post, Boston.
 H. Rogers, Jr. Mer. Jour., do
 I.H. Stanwood, Woodville, Miss.
 N. D. Chase, Lynn.
 Zina Hyde, Bath, Me.
 Jas. Wample, Natches, Miss.
 J. Morrison, Portsmouth, N.H.
- Saml. Hutchings, do
 J. B. Nann, Dedham.
 E. H. Davis, Portland.
 H. Willson, Natick.
 Barnes & Edwards, Portland
 Advertiser.
 Minot Thomas, S. Weymouth.
 O. Swaine, New Bedford.
 F. Daniels, Menden, N. H.
 E. Hutchings, Louisville, Ky.
 Alpheus C. Badger, do
 J. J. Andrews, Memphis, Tenn.
 J. E. Hood, Concord, N. H.
 E. Fenno, Augusta, Me.
 C. J. Whitney, Ellsworth, Me.
 H. Childs, Pittsburgh, Pa.
 C.W. Scaffers, Charleston, S.C.
 S. P. Green, Newmarket, N.H.
 J. W. Morell, Savannah, Ga.
 John Hinkley, Eastport, Me.
 Chas. Wells, Manchester, N.H.
 E. H. Huntington, Penn Yann,
 N. Y.
 H. Porter, Kennebunk, Me.
 Joseph Bois, Baltimore.
 Eben Fisher, Esq. Dedham.
 H. Bright, Northampton, Mass.
 S. Hobbs, Weston, Mass.
 G. Lord, Kennebunk, Me.
 George Brinley, Hartford.
 John M. Whittemore, Frederick-
 burgh, Va.
 Mark Noble, Great Falls, N. H.
 F. L. Newhall, Lynn.
 A. French, Dedham.
 John T. Gibbs, Editor Gazette,
 Dover, N. H.
 N. B. Robbins, Plymouth.
 Bent & Duval, Louisville, Ky.
 N. W. Appleton, Dorchester.
 S. Fisk, Southport, W. T.
 J.S. H. Bois, Philadelphia.
 N. P. Smith, Groton, Mass.
 J. R. Brown, Providence.
 H. Coffin, Nantucket.
 D. Morey, Halifax, Mass.
 W. Sturgis, Hingham.

Opinions of the Press.

SLIDING TOP SHOWER BATH—a very convenient and useful bathing apparatus may be had at L. V. Badger's, No. 49 Congress street. It is an ingenious affair, highly approved of by those who have used it, and ought to be in every family. We advise every one, who wishes the luxury of bathing, to procure one and place it in his chamber. Health and comfort are promoted by frequent bathing—why should we neglect to use the means of enjoyment when they can be so easily obtained?—*Bost. Cour.*

THE PORTABLE SHOWER BATH, to be seen at No. 49 Congress street, and advertised in this paper, is one of the greatest improvements we have seen in the healthy practice of bathing. The beneficial effect of bathing, to health, is now so generally and fully appreciated as to render it unnecessary to say any thing on the subject. This improvement is none the less valuable for its simplicity. The water is raised to the top of the bathing box by means of weights on the outside, and by a slight touch of the hand; it is poured upon the person within, by pulling a string. The box may be easily transported to any part of the house. The convenience, benefit to health, and luxury of such a bathing apparatus by one's bedside, almost without expense, should commend it to every family. No person, after using it, would be without one.—*Boston Daily Mail.*

SLIDING TOP SHOWER BATH.—This is a very useful piece of chamber furniture, and withal, a very ingenious and convenient article. Every body knows the advantages of bathing frequently, both for health and comfort, and every body knows how it is neglected for want of convenient apparatus in one's own house. Now, the Sliding Top Shower Bath is intended to supply this deficiency, and it does so effectually. It makes a pretty piece of furniture, and sets as snugly in "my lady's chamber," as a new toilet case. It may be seen in operation at L. V. Badger's, No. 49 Congress street, where it is for sale.—*Boston Daily Times.*

A GREAT COMFORT.—L. V. Badger, 49 Congress street, offers for sale an excellent article for shower bathing. It is on an improved plan—see advertisement. We find, after a short trial of the bath, which forms a neat piece of chamber furniture, that it is indeed a valuable article, and should be loath on any condition to forego its use. Nothing is more invigorating or healthy than a shower bath immediately after rising in the morning, or just before retiring at night. Stop in at 49 Congress street, and examine it, if you do not buy.—*Bay State Democrat.*

SLIDING TOP SHOWER BATH—a new and very useful article got up in good style at a cheap rate. We advise every one who regards health and comfort this warm weather, to get one, and put it in his bed chamber, and take a sprinkling every morning—its a great luxury.—*Boston Post*.

Extracts from different Authors on the importance OF BATHING.

BATHING AND SHOWERING.—“It is surprising,” says Dr. Combe in his excellent treatise on health, “to what a lamentable extent this most important preservative and restorative of health and comfort is neglected. Most people think if they bathe themselves once a year it is quite sufficient, whereas none should think of washing themselves less than once a week. If students and professional men would faithfully attend to this item of their *duty*, we should not hear them speaking so often of *bad digestion*, *ill health*, and unfitness for study; and very many who now find an untimely grave, would live to a good old age, free of those diseases that in a thousand forms prey upon the body. There is nothing that will give the system so healthful and agreeable a tone as this. Water, of tepid or blood warmth, with a flesh brush or otherwise, should generally be used, especially by invalids. The skin should be *carefully dried* after washing, and the flannels worn next to the body should be changed. This should be faithfully repeated according to the circumstances of the individual. By this means health would be secured that in a thousand instances is now ruined.”—*Combe*.

BATHING.—This is the season of the year when the oppressive warmth of the atmosphere makes a cold water bath a real luxury, and when this is the case one would hardly suppose it necessary to urge the beneficial effects attendant upon the practice, or to quote the opinions of the learned to prove them. Yet some people there are, whether from indolence or antipathy to water, or doubts as to the invigorating powers possessed by the bath, who seldom or never indulge therein. To prove the great utility of the practice, we quote the opinion of a distinguished physician and able writer on diseases of the mind and body, Dr. Winslow.

“The state of the mind (says he) is closely dependent upon the condition of the cutaneous secretion. I would advise those who are subject to mental depression, hypochondriacism, vapors, ennui, or by whatever term it may be designated, to try the effect of bathing. I feel assured that in many cases violent attacks of insanity may be warded off by the use of the warm or cold bath. In cerebral irritation, evidently the result of vascular excitement,

bathing the head every morning with cold water, or vinegar and water, will be found highly advisable."

We are well convinced that a habit of frequent bathing will save many a long bill from the doctor, and prove more efficacious in preserving bodily and mental health—thus fitting us to enjoy life—than the contents of all the apothecaries' shops in the city. Reader, acquire the habit, and you will find it both pleasant and profitable.—*Boston Mail*.

THE CURATIVE PROPERTIES OF WATER.—In exanthematous diseases, as small pox, measles, scarlet fever and other rashes, we may freely wash with cold water, from the first to the last, during the whole course of the disease; in order to prevent the fever from becoming too violent. The skin is thus rendered more soft, so that the acrid matter can more early pass off through it. In small pox, the corrosive quality of this acrid matter is rendered milder, so that it does not eat into the skin, leaving scars behind, and very few patients, who have been treated in this way, have been marked by the disease. The Africans wash all their small pox patients. A captain having a cargo of slaves, among whom this disease made its appearance, treated them according to the European mode of putting the patients between two mattresses, and otherwise heaping clothes upon them, in order to bring out the disease. In great distress they cried and begged to be allowed to treat themselves according to their own mode. Being permitted, the other slaves tied ropes round the bodies of those that were sick, and dipped them frequently during the day into the sea, drying them afterward in the sun; and in this manner they were cured and scarcely one died. As in small pox, it is equally beneficial in measles and other rashes, and of a variety of cases he quotes, scarcely any one died of measles, and in small pox not one fourth of the number die that usually perish under the hot regimen. Out of 156 small pox patients, which a neighboring physician had treated in this way, only 8 died, although the disease raged in a violent manner. In 1737, during the prevalence of a malignant epidemic, accompanied with *pete' chiac*, (small flea bite spots occurring spontaneously, and under such circumstances, that is, in severe fevers, denoting great prostration of strength,) very few died who were submitted to the treatment, although they were washed until they became very cool, even during the continued and debilitating sweats.—*Hahn*.

BATHING.—Frequent bathing—not once a year, but every day; at least once a week—is one of the sovereignest medicines in the world. A writer thus discourses upon the necessity of frequent bathing:—

"From one to five pounds of decayed animal matter pass off

daily, by insensible perspiration from the human body. The white dust which collects on the skin, sometimes called goose flesh, is refuse matter of the system. Viewed with a Solar microscope, it looks like a butcher's cart of putrid meat. If the pores of the skin are closed and imperceptible perspiration is stopped, this corrupt matter is thrown upon the lungs, liver, or intestines, causing colds, consumptions, fevers, &c. &c.

The remedy is to be found in the specific that will restore the system to its proper balance, open the natural avenues for the discharge of poisonous accretions, and relieve the internal organs from burdensome clogs that are thrown upon them.

Water has been proved to be this remedy in a pre-eminent degree. It is nature's own remedy. And nothing but its simplicity, its commonness, and the almost universal hydrophobia which prevails, could have kept its virtues so long concealed."—*Boston Daily Bee*.

BATHE! BATHE!—From one to five pounds of decayed animal matter passes off the human body daily by perspiration. To enable nature to do this work well, her avenues—pores of the skin—must be kept open. Use water, warm or cold, frequently, or the dirt will clog them up. Don't be afraid of a cold water bath, even on a cold morning and in a cold room.—*Boston Post*.

To the Editor of the Boston Post:—

In your Post of Friday, in a short article headed "*Bathe! Bathe!*" you say, "Don't be afraid of a cold water bath even on a cold morning and in a cold room." I am more than sixty years of age—have suffered intensely with rheumatism till 1st January, 1844. The free application of cold water having been prescribed, I commenced, at the time named, pouring the coldest water I could get from the well upon my body and limbs, and have never missed so to do a single morning since. During the coldest weather we have had the winter past, in an unusually cold room where there had been no fire, in the application of water, frequently pieces of thin ice, the size of a cracker, have slid down my limbs without the slightest unpleasant sensation. After our last snow I walked "bare-foot" upon my sheds in ten inches of snow, before sunrise, with a wrapper over my shoulders and "nothing else," and then applied cold water freely. I have not been subject to colds as formerly, have enjoyed excellent health, and have heard nothing of my old companion, rheumatism. I have made this statement that others may be benefited, if they will try the experiment. Cleanliness is certainly something.

EXPERIENCE.

CROTON WATER—ITS PURITY AND EFFECTS.

To the Editor of the Tribune:—

In consequence of statements lately made in different papers, many have received wrong impressions respecting the *purity* of Croton Water. There is also an opinion somewhat prevalent, that *all* water contains living animalculæ. This is not true. Pure water is always wholly free from every thing of the kind. It is said "that animalculæ exist in great abundance in the Croton water." This has come by way of the exhibition of an excellent Filter (the exhibitor's name I do not recollect) at the Fair of the American Institute. The Croton water, exceedingly pure in its river, rendered still more so by running over forty miles in an aqueduct of mason work, is most excellent for all dietetic purposes; by far better than any *hard water*, however pure it may be. Probably no city of the whole globe is supplied with as good water as that of the Croton. Its use as a drink and for culinary purposes, the baths, the numerous hydrants with their quick streams tempting the poor away from their filthy wells which they often prefer, the fountains and the many little rills along the streets, all tend to affect most favorably the health of the New Yorkers. Every one who stops at all to think, knows the great value of water, especially when it is as pure as the magnificent Croton.

It was the saying of a very eminent physician, Hoffman, "that in the use of mineral water, it was not owing to the light, sparkling air, or to the saline or other mineral substances combined with the water, so much as the medicinal properties of *common water* with which they are mixed and which is drank in large quantities." In the free use of the Croton water for drink and culinary purposes, and especially if daily bathing is practised, it is no uncommon occurrence for boils to come out in different parts of the body. These are often not the most comfortable symptoms at the time, but they are, nevertheless, certain harbingers of good, as is abundantly proved in water cure. The use of cold water, as Priessnitz says, brings "bad stuff" out of the system, or Liebig, that it promotes the union of certain matters with oxygen, by which they are *carried out of the system*, and which matters, if not so carried out, become causes of disease. Should every individual in the city at once commence drinking Croton water largely to the rejection of all other drinks, take a cold bath quickly on rising in the morning, (some few would require the bath tepid, which, in its action, is only a modification of the cold,) there would quickly be a diminution of nostrum, pill and drug taking, by one half at least. Every one can have a good bath in three minutes in the morning, if he can get water enough in which to wet a coarse towel, by rubbing with it the body over briskly, and following this with a dry one. Such a bath daily followed (if a better one cannot be had) with the drinking, will

enable one to resist colds, rheumatism, inflammations, fevers, &c. &c. incomparably more than any or all of "the thousand and one" of the quack nostrums of the day, or drugs of any kind. The Croton water is invaluable. It can be improved *only in a very slight degree at most*. The above mentioned filter is a good one. No doubt many will use it. Those who are not able to buy one, can make one sufficient for all purposes, by closely pressing a piece of sponge into the neck of a common tin tunnel through which the water will pass. If there is any fear of decayed mineral matter, this will be absorbed by fine charcoal laid over the sponge.

JOEL SHEW, M. D.

VAPOR BATH.—Doct. Combe says, "The vapor bath is calculated to be extensively useful, both as a preservative and as a remedial agent. Many a cold and many a rheumatic attack arising from checked perspiration or long exposure to the weather, might be nipped in the bud by its timely use. In chronic affections, not only of the skin itself, but of the internal organs, with which the skin most closely sympathizes, as the stomach and intestines, the judicious application of the vapor bath is productive of great relief. Even in chronic pulmonary complaints, it is, according to the Continental physicians, not only safe, but very serviceable, particularly in their affections of the mucous membrane which resemble consumption in so many of their symptoms. Like all powerful remedies, however, the vapor bath must be administered with proper regard to the condition and circumstances of the individual; and care must be taken to have the feet sufficiently warm during its use. If, from an irregular distribution of the steam, the feet be left cold, headache and flushing are almost sure to follow. If one tenth of the persevering attention and labor bestowed to so much purpose in rubbing and currying the skins of horses, were bestowed by the human race in keeping themselves in good condition, and a little attention were paid to diet and clothing, colds, nervous diseases, and stomach complaints would cease to form so large an item in the catalogue of human miseries.

EXTRACT FROM JUDGE BUEL'S AGRICULTURAL ADDRESS.

The offices of the skin are all important to health. Lavossier has shown that upon the lowest estimate the skin is endowed with the important charge of removing from the system, by the process of insensible perspiration, about 20 ounces of waste matter in every twenty-four hours, while the maximum has been found to amount to five pounds a day. These excretions are greater in amount, Dr. Combe adds, than the united excretions of the bowels and kidneys. These facts admonish us, that if the functions of the skin become suspended, by a disregard to cleanliness, by

too great indulgence in sedentary habits, by exposure to sudden transitions of temperature, or other causes, and the impurities which are ordinarily thrown off by this channel are suffered to remain and accumulate in the system, health must be impaired and endangered. So important is a clear skin considered in the economy of health, that frequent ablutions have been enjoined as a religious duty among many eastern nations. A like attention among us, to keep in wholesome exercise the important functions of the skin, cannot fail of being highly conducive to health.

FROM THE YOUNG LADIES' FRIEND.

It may shock the feelings of a young lady, to be told that the large quantity of matter, in the shape of insensible perspiration, which is constantly passing off through the skin, has an individual odor, more or less disagreeable in different persons, but it is nevertheless true ; and it is by this individuality that dogs know their owners. In the most civilized nations of Europe, great attention is paid to the health of the skin, and all the arrangements of domestic life include the means of copious and constant bathing. There, it is thought more essential to happiness to have a warm and cold bath at command, than to own spacious and costly furniture. It is common for persons who are in the habit of sponging themselves over with cold water every morning, or of taking the shower bath, to omit it when they have a slight cold, or sore throat, or a touch of rheumatism ; whereas, if it were properly done, so as to produce a glow all over the skin, their habitual ablutions would be the best remedy for those beginnings of evil, since checked perspiration produces such ailments, whatever tends to open the pores and to increase the action of the skin, will be likely to remove them. If not sure in such a case of producing a glow after the use of cold water, it will be better to use the warm bath, in order to make the skin do its office freely. But to cease your customary bathing at such times, is to increase all your difficulties.

FROM PROFESSOR HOFFMAN, A GERMAN PHYSICIAN.

If there exists anything in the world that can be called a panacea, it is pure water ; first, because it will disagree with nobody ; secondly, because it is the best preservative against disease ; thirdly, because it will cure agues and chronic complaints ; fourthly, because it responds to all indicative. Capt. Cook says, one circumstance peculiarly worthy of notice is the perfect and uninterrupted health of the inhabitants of New Zealand. In all their visits made to their towns, where old and young, men and women, crowded about our voyagers, they never observed a single person who appeared to have any bodily complaint. Water, as far as our navigators could discover, is the universal and only liquor for

the New Zealanders. No remedy can more effectually secure health, and prevent disease, than pure water.

FROM JOHN FAUST, A GERMAN PHYSICIAN.

Cold water is the most proper beverage for man, as well as animals. It cools, thins, and clears the blood—it keeps the stomach, head, and nerves in order—makes man tranquil, serene, and cheerful.

Water is the most ancient, so it is the best and most common fluid for drink, and ought to be esteemed the most commodious for the promotion of life and health.—*Parr*.

Soft water is the most suitable drink for man, since fermented liquors are rather the produce of art than of nature.—*Zimmerman*.

By the aids of temperance and hard work, I have worn out two armies in two wars, and probably could wear out another before my period of old age arrives. I wear no flannel, and neither regard wind nor rain, heat nor cold, when business is in the way.—*Doct. Jackson*.

Food not too fat or gross, and water as a drink, render our bodies the most firm and strong.—*Boerhaave*.

Without all peradventure, water was the primitive, original beverage, and is the only simple fluid, fitted for diluting, moistening, and cooling the ends of drink appointed by nature. Water alone is sufficient and effectual for all the purposes of wants and drinks.—*Doct. Cheyne*.

It is wonderful that mankind, at the present day, claiming as they do, to be so much more enlightened in science and useful knowledge than the ancients, should yet be so far behind them in matters of this kind. In the Mosaic dispensation, the most rigorous regard was paid to bathing and cleanliness in every thing. One of the highest luxuries of ancient Rome was bathing. The Mohammedans, the Hindoos, and many other portions of the human family, perform their daily ablution as a religious duty. Yet the most intelligent portions of Christendom neglect it.—*S. Graham*.

In many parts of Russia, the people of both sexes bathe frequently in the rivers and cold baths. The women take with them the children, even the youngest; and as soon as old enough, all are taught to swim. In winter they use the vapor bath of a high temperature, and after exciting the action of the skin by switch-

ing with birch twigs, and using brisk friction with course towels, the plunge into the snow in the coldest weather, remaining for a few minutes, and then quickly dress and take exercise. Among the peasantry, great longevity is common. Many are to be found of 100 to 120 years of age. Rheumatism is comparatively unknown among them, and complaints of any kind are rare.—*Wilson*.

Certain inflammatory pains of the head have given way to a cold stream of water applied to it, when nothing else would succeed. By means of a tube, a stream of cold water has been applied to the head, for many hours in the course of the day, and the complaint has been thus cured when evaporating lotions, (which are made of spirits, ether, vinegar, sugar of lead, &c.) did not answer the purpose.—*Doct. Elliotson*.

He that striveth for the mastery is temperate in all things.—*St. Paul*.

THE TURKISH VAPOR BATH.—Of all remedies, the Vapor Bath, says Doct. Madden, is the first and most efficacious in rheumatic and cuticular diseases. I have seen them removed in one fourth of the time in which they are commonly cured by us. In such cases I cannot sufficiently extol the advantages of the Turkish bath; the friction employed is half the cure, and the articulations of every bone in the body are so twisted and kneaded that the most rigid joints are made pliant. I have trembled to see them dislocate the wrist and shoulder joints, and reduce them in a moment; their dexterity is astonishing, and Mohammed's shampooing, at Brighton, is mere child's play in comparison. Query.—Would not gout be benefitted by this remedy, provided it could be really introduced here as it is in Turkey? As a luxury, I cannot better describe it than in the words of Sir John Sinclair:—If life be nothing but a brief succession of our ideas, the rapidity with which they now pass over the mind would induce one to believe, that, in a few short minutes he has spent in the bath, he has lived a number of years.

HEALTH AT HOME.—“If a person who is obliged to stay at home during the summers, should regularly take a vapor bath twice a week, and rub his skin with a coarse towel every morning,” after using the shower bath, “he will, as far as regards bathing, have little cause to envy his more fortunate travelling friend for the advantages which this latter may be presumed to enjoy at some famous watering place. Let our staid citizen put himself on this course of bathing for six weeks or two months, keep good hours, take a walk in a public square or in the precincts of the city in the morning, and in the evening before the

dew begins to fall, and we venture to assure him that he will be able to advantageously compare notes, as to the state of his health and spirits, with very many of his friends, when they shall have returned from their trip to the springs or sea shore."

WARM OR VAPOR BATHING.—It is a common but erroneous opinion, that the warm bath is enfeebling, and renders the person using it, more liable to take cold. In times of remote antiquity, it was considered as the solace of toil, and resorted to with a view to renovate vigor exhausted by exertion. To conduct the stranger guest to a warm bath, and anoint him with fragrant unguents, previously to offering him food, formed a part of the rites of hospitality. By a warm bath we are to understand that in which the temperature ranges from 88 to 98 degrees Fahrenheit. Now this, so far from heating and irritating the body, has a most soothing and tranquilizing effect. This is more especially obtained by a bath at from 90 to 95 degrees. The pulse is rendered slower and the respiration more equal. If the heat be above 98, which is the temperature of the living animal body, or as it is called, blood heat, the bath becomes a hot one; we may look then for accelerated pulse, flushed cheeks, and after awhile a copious perspiration bedewing the head and face. A person has no more occasion of catching cold, after having a warm bath, than he has from going into the open air, on a frosty morning after leaving a warm bed.

RUSSIA BATHING.—Most persons are astonished at hearing of the practice of the Russian, who rush out from a vapor bath, and jump into the nearest stream of water, or roll themselves in the snow. Now in this case, the impunity with which they expose themselves to the extreme cold is precisely in the ratio of their prior excitation by a hot bath. Were they, immediately after stripping themselves, to plunge at once into a cold stream, rheumatisms and severe cold would be the consequence. The more vigorous the frame and active the circulation of an individual, the lower may be the temperature of the bath. The aged and feeble, and those whose hands and feet are habitually cold, require it to be near the degree of blood heat or 98 deg. The two best criterions to regulate the warmth of the bath, are, that the pulse should not be made to beat faster than usual, and that no unpleasant sensations of heat or fullness should be felt about the temples and face.

FROM THE BOSTON TRANSCRIPT.

A CAPITAL SUGGESTION.—The writer of a pleasant and ingenious article in the Medical Magazine, entitled Medical Chit Chat, addressing himself to the editor, asks, "Does it ever strike

you how much our manufacturers or owners of steam engines might increase public comfort and health, by the simple process of attaching vapor bath rooms to their waste steam flues? Every puff of this wasted steam would make a bath for a limb, and several would fill a box capable of containing some dozen persons, sitting, in the fashion of vapor baths in Russia and Turkey. On board steamboats, on the Mississippi, they would be highly advantageous. The steam necessarily wasted there, is enough for a perpetual bath day and night. Whenever voyages on the ocean are common in steamships, this will be thought of. The vapor bath which failed sometime ago in Boston, was at too high a price. Thousands, especially of laborers, who get begrimed and sooty in the week, would pay six or twelve cents a week for the privilege of using this steam now wasted, and which might be afforded at this price. Luxury might have its champooners, its heating rooms and couches, and oil and coffee. Labor would be better pleased with a simple soaking for 6 cents. I am confident it could be afforded at that price wherever steam engines are at work. In Birmingham it would suppress intemperance, for bathing has a wonderful effect in soothing the irritation of the stomach, and bowels, and heart, and head, and skin, on which grog-selling thrives. We are temperate enough, but not too clean in the United States; that is, we are the most temperate northern nation."

FROM THE BOSTON MEDICAL JOURNAL.

The distressing complaints so frequently among children during the fruit season, arises more frequently from a want of cleanliness, than from an intemperate use of fruit. Indeed the disorder of the bowels in hot weather, among children whose whole surface is not kept clean, by frequent washing and rubbing, will take place whether they eat fruit or not.

FROM A CORRESPONDENT.

If Hotels were furnished with Chamber Shower Baths, the comfort of travellers would be greatly increased. If instead of being obliged to dress and repair to a bathing establishment, he could have one in his own bed chamber, he would not lose time, (and travellers are always in a hurry,) and be better prepared to attend to his business. We heard a traveller once remark, that he had rather go without his breakfast than his bath. He was a wise man.

Children should be brought up in the habit of daily bathing. They soon begin to like it, and make fun and frolic with it—they thus become robust and cheerful members of society.

It is inconvenient to have the common wash-tub in a chamber, or to use a sponge, standing in a large bathing pan, as the water will spatter about the room and make good housewives scold.

It is better to use the *Chamber Sliding Top Shower Bath*, and the nicest housekeeper will not find fault.

At certain periods, peculiar to females, they should not use cold or warm baths. "There is a time for all things."

EXTRACT FROM "FOWLER ON EDUCATION."—PAGE 210.

"I cannot dismiss this subject without cordially recommending Bates' Sliding Top Shower Bath. The apparatus that contains the water can be lowered, filled and raised over night, or by a domestic in the morning, so that you can step from your bed right into the bath before dressing. This, and the ease with which it is charged, constitutes its excellency. If one waits to take his shower bath after he is dressed, he is not likely to take it at all; but if it can be taken before dressing, it will be taken ten times as often, besides being better, because the body is apt to be both warm and moist—just right to produce the required reaction. On the whole I regard it as invaluable. Its price varies from \$10 to \$26, according not to convenience or utility, which are alike in both, but to the style. I should be happy to receive and transmit orders to the manufacturers."

A WISE SUGGESTION.—Who has ever thought of fitting up large hotels with shower baths for the accommodation of the travelling public. What a luxury it would be for strangers to have in their sleeping rooms the convenience of a bath. One could be arranged in each room. It would not take up more space than a wash stand; it could be used every morning without expense or trouble. Travellers would seek the benefit of such an arrangement, and I have no doubt the landlord would get full remuneration for his experiment. The bath for sale by L. V. Badger, 49 Congress Street, is just the thing for the business. I would particularly call the attention of Hotel keepers in a warm or southern climate.

FRANKLIN.

FROM THE STOVE ALMANAC.

BADGER'S VAPOR BATH APPARATUS.—This little machine after a long series of trials has been brought to almost perfection, and may be used at a moment's notice. A bath may be taken in your chamber without danger of fire or any of the difficulties arising from the generating of steam by wood or coal.

EVERY MAN HIS OWN PHYSICIAN.—The public are requested to examine Badger's Steam Apparatus for Vapor Bathing; a convenient article invented last summer—any person with this can take a vapor bath in his chamber in a few minutes. The operation of them, who have no Shower bath, is simply this:—Take a common chair, after seating yourself, throw

over you a blanket, let the steam tube pass under the bottom, (a cloth must be put around the legs of the chair to prevent the steam coming in immediate contact with the person's skin,) in five minutes after lighting the lamp the steam will begin to generate. The patient will remain as long as will suit his convenience. Fifteen minutes is, however, sufficient for a good bath. As soon as leaving the bath he will get into bed, when his cold will have left him before morning.

Every person should have one of the Generators in the house, and by resorting to it in season, hundreds who end their days with fever brought on by colds, would be saved.—*Ibid.*

DIRECTIONS FOR USING BADGER'S VAPOR APPARATUS, WITH BATES' PATENT SLIDING TOP CHAMBER SHOWER BATH.

If the directions are particularly attended to, nothing can be more easily managed.

First arrange the sheet Iron Case and Boiler, then place the pipe through the hole leading under the platform in the bath. Wind around the wood stopper a piece of cloth to make it fit tight in the boiler.

Fill the Lamp with Alcohol ; for the wick, cut cotton flannel in strips about two inches wide, long enough when doubled to reach the bottom ; double this strip, then place the tin folder in the middle of it and force it down the circular opening for the wick, continue to do this until the wick is all around the Lamp ; as the cost of the wicking is small, it is best to change it often as it gets burnt to a cinder. When the Lamp is thus prepared, having trimmed it all around, so that the wick will not rise above the tin more than an eighth of an inch, take the protector, which is the circular tin pan a little larger than the bottom of the lamp, in this put the lamp, pour water in the protector until it fills about one eighth of an inch above the body of the lamp. Light the lamp and place the whole under the boiler in the sheet iron case, put in the boiler **ONLY ONE QUART OF WATER**, as soon as the water begins to boil, step into the bath and continue as long as you please—10 or 15 minutes is however long enough ; cold water may be put in the top bath pan, and after steaming a shower bath can be had. The lamp can be put out with the Sheet Iron extinguisher.

The apparatus, as above, to be prepared the same way when used without a shower bath. Take a common chair, throw around you a sheet or blanket and let the pipe pass under the seat of the chair ; this is simple and comes within the reach of every person.

L. V. BADGER, 49 Congress Street, Boston.

Anecdotes, &c.

BENEFIT OF BATHS.—A French doctor came to Damascus to seek his fortune. When he saw the luxurious vegetation, he said: "This is the place for me—plenty of fever." And, then, on seeing the abundance of water, he said: "More fever—no place like Damascus." When he entered town, he asked the people, "What is this building?" "A bath." "And what is that building?" "A bath." "And that other building?" "A bath." "Curse on the baths, they take the bread out of my mouth," said the doctor; "I must seek fever practice elsewhere." So he turned his back, went out of the gate again, and hid himself elsewhere.—*The Modern Syrian.*

ABERNETHY'S ADVICE TO A YANKEE.—I never saw a Yankee that didn't bolt his food whole, like a boa constrictor. How can you expect to digest your food that you do not take the trouble to masticate? Its no wonder you lose your teeth, for you never use them; nor your digestion, for you overload it; nor your saliva, for you expend it on your carpets, instead of your food. You Yankees load your stomachs as a Devonshire man does his cart, as full as it can hold, and as fast as he can throw it in; and then you complain that such a compost is too heavy for you. Now take half the time to eat that you do to drawl, chew your food, half as much as you do your filthy tobacco, and you will be well.

A CLEAN MAN.—At a meeting of the Hultown Council, on Thursday, on a motion for the purpose of erecting and supplying baths for the health and recreation of the town, Mr. Liddle, one of their body, said that in opposition to the measure, that he thought he looked as well as any of them, and he had not been in the water for the last six years.—*Hull Packet.*

The following dialogue took place in the city of Boston, one cold day last winter, when the wind was east, and every gust would seem to cut a person in two. Place—State street,—time, half past one. Brown and Davis meet.

B. How do you do to-day? [giving each other a hearty shake of the hand.]

D. Pretty well, I thank you; how has been your health since I last saw you?

B. Why, the fact is, Davis, I have been well of late; those devilish blues, that I us'd to have, seem to have left me, and I feel like a new man.

D. Any notes to pay to-day?

B. Yes, its always my luck; the case is, as long as you do business, you must expect them.

D. I am short five hundred, and can talk but a few minutes; can you help me?—

B. Yes. Cash seems to be plenty with me; send down and get my check, [a smile appears in the countenance of Davis.]

D. You look quite pleasant and happy, and seem to take things fair and easy. I should not think you the same man.—This uncomfortable day, too, enough to make one shed tears.

B. I have lately adopted a new principle, to take things as they come along, look on the bright side of every trouble, and thus slide along through life easy.

D. This may do for you, but I can't seem to do so. The fact is, if I have a note to pay, and am short of cash, it puts me down, and makes me tired of business.

B. This, friend Davis, will never do ; the world is full of troubles, and it is no use to fret ; it won't help the thing, it won't produce money, and you are no better off.

D. You'r a curious fellow, I wish I could get along as easy as you do.

B. It's plain enough : the secret is open to all, I charge you nothing for the recipe.

D. Do, for heaven's sake, then, let me into it !

B. In the first place, you are troubled with the dyspepsia, in fact, this is the keystone to your miseries.

D. You are mistaken, I don't know what the dyspepsia is, I can digest anything.

B. Let me know how you feel, both before and after eating.

D. I feel uneasy in the day time ; at night I am visited constantly with an incubus of flying dragons, and get but little sleep.

B. And yet you tell me you don't know what the dyspepsia is ; that is one of the very worst symptoms of the disease.

D. In the day time, I get up in the morning feeling uneasy, don't have a disposition to move about much, until after breakfast, am forgetful and fretful, and when I have a note to pay, full of trouble.

B. I must say, Davis, you are a most confirmed dyspeptic, and unless you change your course you can't stand it.

D. Why ! how you talk ! I never was sick as some people are ; here I have lived 40 years, and never had but three fevers—and never paid a physician more than five hundred dollars in my life.

B. My dear sir, you astonish me ; you'll be a dead man, unless you immediately change your course.

D. What can I do ! what help is there for me ? [by this time Davis begins to look pale.] Do tell me what I can do ?

B. (Looks at the dial.) Your time is most out,—your note.

D. The D—l ! I must go.

B. Call in and see me after you get through. I want to talk with you ; you are a " gone case " unless you alter your plan of living.

[Davis gets the check, goes to the bank and pays his note with a sorrowful countenance, not knowing how to get the amount to

pay on the morrow, and wishes he was out of business.] [Next day, the weather is pleasant, one of those beautiful clear atmospheres, that feels as if provided particularly by nature to make man happy. Davis goes to see his friend Brown about paying him his money.]

D. Good morning, friend Brown.

B. Good morning; but you didn't call on me yesterday. I thought you was coming to see me, and get some information; you're a pretty fellow, you look as if you had slept in a musquito's nest.

D. Don't talk to me of your nonsense; where shall I get the cash to pay that loan. I suppose you want it to day, [with a sigh expecting an affirmative answer.]

B. I can do without it until to-morrow. I am now more ready to talk with you.

D. [Countenance a little more animated with this reply.]

B. I am now ready to advise with you in regard to your welfare, which is of great importance; from your statements yesterday, I fear, unless you change your course, I shall be deprived of your company.

[Davis's boy brings a letter in a great hurry, hands it to D. As he supposes it is a demand for money, he opens it with a trembling hand. It read as follows.—(Dear sir, I have two thousand dollars in my hands, awaiting your order, please draw for it at sight. This is the amount collected of old Fillmore, which you supposed lost.) This so animated him, that in his oratorical movements he put his foot on the hot stove, spoilt his new boots, and burnt his hand severely.

B. What's the matter, your countenance changes like the camelon; any good news?

D. Yes, all right, O. K.

B. Put down that document, and let me talk to you as with a man of sense.

[Puts the letter in his pocket, and with happiness beaming on his countenance, arranges himself for a discussion.]

D. I am ready to hear some of your theoretical notions—I suppose its all a humbug.

B. Call it what you please, you must examine into it, or quit business and the world.

D. I am ready, go ahead!

B. You was saying to me when I met you yesterday, how pleasant you look, how easy you get along, always full of money, and seem to take things fair and easy. This is true with the exception of the money part; I am frequently short, often have to borrow, and often have to study how to get it. I don't fret and swear, and grumble; I take it with patience, I always contrive to get it, and to do so easy. Once, and but a few years since, I was situated pretty much as you are now—I thought it was owing to

changes in trade, to the depression of business, and charged it all to any but the right cause. Happily one evening I fell in with one of those temperance lectures, a sort of Hydropathic discourse, advice on temperance in all things, eating as well as drinking. I was immediately disposed to peruse it thoroughly, and if I saw anything worthy of practice, to change my course of living. Fortunately I felt the truth of what was said. I threw away my feather bed for straw, deserted my coffee and tea, wine and brandy, made use of plain food, took a bath every day, and——

D. Stop a moment? how about this bathing; it is easy for a man to talk. Those that have conveniences and a family, can have a bathing establishment; but one like myself, who boards out, a sort of an old bachelor, how can I arrange this part of reform.

B. That is easy enough. I know several boarders who have but one small room, that take a bath every morning in their chamber. There's Johnson, a few months ago, given over by the physicians, a perfectly healthy man.

D. Well, I have noticed him lately, and one would hardly know him, he has so much altered. Can you tell me what has done so much for him?

B. Yes! a change of diet and daily bathing; he has done as I have, and which you and all others can do, went down in Congress Street, the depot of health, I believe it is No. 49, and purchased one of the invaluable *Chamber Shower Baths*.

—o—

NOTHING LIKE BATHING.

“AIR, *Home, sweet Home.*”

“In this life there is joy, in this life there is care,
And each mortal that lives, must of both have a share.”
But our cares were too great, and thorns in our path,
If wanting the strength derived from a *bath*,
Bath, Bath; good pure bath,
There's no bath, like Bates' bath,
It's always “on hand.”

Then give me pure bathing, the source of every joy,
For it cannot with dirt, our system annoy?
Oh! the sensitive skin must be filthy, I say,
When we cease to delight in bathing each day,
Bath, &c.

“A traveller from home, wealth dazzles in vain,”
Oh! give me my *chamber*, sweet cold *bath*, again,
The brush and the rubber, that lies on the seat,
I'll use them with friction, and get up the heat,
Bath, &c.

The ardent politician, when the stake is lost,
Retires in great haste, to count up the cost ;
His bets have been many, and now full of grief,
He procures a good bath, which gives him relief,
Bath, &c.

The orator, whose speech is so vapid and dead ;
Thinks to make his voice strong, and his eloquence heard ;
As Hydropathy now is so well understood,
He gets a nice bath which he knows to be good,
Bath, &c.

The drunkard listens to the noise that is made,
Sees the people turn out, and their banners parade,
Fears the world must be crack'd, while he hears the clan,
And he's told a cold bath will make him a man,
Bath, &c.

I walk round the town as I trace the rough path,
And feel that my body now pants for a bath,
I look at the signs that hang over the door,
Till I see forty-nine, Congress street, to be sure,
Bath, &c.

The depot of health may be always found there,
Vapor baths, that are used by a lamp with slight care,
The invalid enters, with pleasure and speed
He buys a good bath, and finds comfort indeed,
Bath, &c.

The usurer's hard heart, whose money's his god,
With Satan must settle a long life of fraud,
At this time, may escape, and become very cool,
If he'll follow the bath and the old golden rule,
Bath, &c.

The infidel's faith, whose course, and whose life,
Is full of confusion, of chaos and strife,
May keep himself clean to use often the bath,
But he can't be safe while he keeps such a path,
Bath, &c.

Stove dealers 'tis said are a mighty kind people,
For charity's sake, I will grant them this title,
Still ! if the black lead, and the dust is removed ;
I then think the bath would do them much good,
Bath, &c.

To sum up the whole, which you'll find 'neath a shell ;
You will see that we all need bathing full well,
The Christian and Turk, and the Texian if you please,
Must all have a bath to keep off disease.
Bath, &c.

Certificates and Remarks relating to the Hair Rubbers.

Superior to the common Flesh Brush, for exciting the action of the Capillaries, and in the removal of Chronic Diseases.

(The following are the Testimonials of Drs. WARREN and HAYWARD.)

For many years I have been in the habit of advising daily friction over the body and limbs to those who are willing to take some pains to preserve their health. I have also recommended it for the relief of various complaints. The advantage resulting from this practice has been, in my opinion, very considerable. I have been much gratified to find that MR. E. JOHNSON has undertaken the manufacture of HORSE HAIR FRICTION GLOVES and BELTS, and cordially recommend their use, particularly to persons of sedentary habits of living.

JOHN C. WARREN.

The HORSE HAIR GLOVES and BELTS are among the best means that can be used to promote a healthy action of the skin, and those manufactured by MR. E. JOHNSON, of Boston, which I have used for several months past, are admirably adapted for the purpose.

GEORGE HAYWOOD.

HAIR GLOVE RENOVATORS.

“We should all labor to be useful.”

MR. EDITOR—The motto to my little work, “Rolt on Moral Command,” which I published two years ago, I am only acting up to at the present time, by endeavoring to bring the attention of your numerous readers to the consideration of the important results to their health, strength, and efficiency, I may say morally as well as physically, consequent upon their following up, with constancy and perseverance, the mode of treatment adverted to at pages 26 and 27 of my little treatise.

In order to carry out the object I have in view, and in unison with my motto that “We should all labor to be useful,” I shall endeavor to bring as it were before the minds’s eye the absolute necessity of our paying the most particular attention to the state of the skin, and upon this subject the following observations may not be considered out of place.

For the body to be in a healthy state, the blood should be constantly throwing off and getting rid of its own superfluous and impure portions, through the pores of the skin, by what is called perspiration, sensible and insensible.

If we were in a state of nature, the outward air, by playing upon the surface of the skin, would dry up and carry off “this

moisture," as soon as it had reached that surface; but in the present artificial state in which we live, the air never being permitted to blow upon our bodies, they being covered three or four deep with wrappers of various sorts and kinds to exclude that air, which we appear to dread as if its embrace would be death—our skins become clogged, and by degrees, as we get older, the accumulation of the stucco increases, becoming daily and hourly more and more impervious, until at length we get all crusted over with a substance similar almost to Roman Cement.

I am quite satisfied in my own mind that three fourths of the diseases to which civilized man is subject, and which the savage knows not of, are attributable to the skin becoming stopped up, and which inconvenience, nature, ever providing, had guarded against by providing "that the entire cuticular covering of the human body should be perforated by the little tubes called hairs, and with which accordingly the whole surface of the skin is covered.

I am also satisfied, that if the state of the skin were well attended to, those horrid complaints, the Gout and Rheumatism, besides a thousand other miseries to which we are now subject, would cease to be, and the annoying visitation of colds would no longer afflict us if my mode of treatment, as recommended in my little treatise, were generally followed; and why? Because this daily exposure of the surface of the body to the influence of the air fortifies the frame against draughts and chills.

The foregoing remarks respecting accumulation upon the surface, perspiration, sensible and insensible, Stucco, Roman Cement, &c. &c. &c., I mean as being applicable only "to our coarser sex;" yet do I venture to hazard an opinion, that even the fair daughters of Eve will be benefitted by friction, and by having a little ethereal dust occasionally rubbed away by the Horse Hair Gloves. Let a trial be made of their efficiency, and astonishment will follow at seeing the quantity of dust that will fly out of the gloves by striking them together. It is dust that stops the pores.

As I have before observed, I am persuaded that there would be no Gout or Rheumatism, if the skin were kept in a healthy state. Gout is caused by acidity; and acidity of the system is caused in a great degree, if not altogether, by the skin becoming clogged, and perspiration thereby becoming impeded.

This is illustrated by inducing perspiration in a person of a gouty habit: then take a piece of test paper, used by Chemists for the detection of acids, let it be placed upon the moisture, and it will then be seen how acrid, how highly charged with acid, this moisture is. It is owing to retention that this moisture becomes rancid and impure, diseasing at length the whole mass of the blood, to which chalk-stone formations, and all the other distress-

ing accompaniments of Gout may be ascribed ; thus decrepitude and premature decay are every day staring us in the face, owing to the state of the skin not being attended to.

Ancient history tells us, that the perspiration from the body of Alexander the Great, was sweet to the smell, something like as if it were perfumed. So is the exudation from the bodies of all persons who are in a perfectly clear and healthy state. Such persons have no acid on the stomach, they know not what that horrid word *Dyspepsia* means. Their days are unclouded, their nights undisturbed, and existence to them is real delight.

Now to particularize my mode of grooming. After the common-place toilet duty has been gone through, let every particle of covering be thrown off, then with a Glove on each hand move about the room, for twenty minutes or half an hour, rubbing the person and limbs actively the whole time, but still with caution, so as not to tear the skin. After having so performed, go over the whole body with a sponge dipped in cold water, or tepid water if more agreeable, (but cold is better,) then run half a dozen times up and down the room, and go through any little evolutions as may be most agreeable, or dance a few steps of a favorite quadrille ; do any thing in fact that will give a motion and extension to the body and limbs. Let this mode of treatment be followed up regularly, and then we may say, "a fig for the doctor." In addition to the foregoing, I would strongly recommend that a hot-air bath should be taken at least four times a year, and a vapor bath once or twice a month. JOHN ROLT, *Colonel*.

N. B. It would, I think, be of great use to have every Hospital supplied with a proportionate number of the Horse Hair Gloves, and in warm climates particularly.

Among the innumerable list of persons, of the highest rank, who are now using the Renovators, are the following more particularly mentioned. And it is a remarkable circumstance that that great and extraordinary man, the Duke of Wellington, whose moral and physical energies are so truly wonderful, has for upwards of forty years been in the daily practice of grooming himself with coarse Cotton Gloves, but which his Grace has now thrown aside, substituting Horse Hair Gloves in their stead :—

His Royal Highness the Duke of Cambridge ; His Grace the Duke of Wellington ; The Marquis of Anglesea ; General Lord Hill ; Lord Beresford ; Lord Melbourne ; Sir Robert Peel ; Lord Wharnccliffe ; Admiral Sir Charles Ogle ; General Sir William Houston.

And of Medical men, Sir Astley Cooper, Sir David Davis, Sir Charles Clark, M. Davis, Sir Benjamin Brodie, and Dr. Locock, constantly use and recommend them ; and an infinite number of Ladies of the highest rank and consideration use them likewise. They last forever.

L. V. BADGER, 49 CONGRESS STREET

KEEPS constantly for sale every article that is wanted for the bather. He will also manufacture Baths of any particular construction, to meet the wants of the public, and to carry out the principles of the most ultra Hydrotherapeutist.

May be found always on hand the following articles.—

Bates' Patent Sliding Top Chamber Shower and Douche Bath.

BADGER'S VAPOR APPARATUS.—To be used with or without the Shower Bath. See directions for using, page 27.

GRECIAN SLIPPER BATHS.—To be used for the cure of Chilblains, and for wounds and bruises of any kind in the feet.

LEG BATH VESSELS.—These are death to the gout, if properly used. The thighs and legs, when afflicted with ulcers, wounds rheumatic pains, &c., should be put in a bath so as to cover the parts afflicted.

BATHING TUBS.—For adults and children.

IMPROVED ROMAN SITZ OR HIP BATHING PANS.—For the cure of piles; it is the only sure remedy, and for many other diseases it is invaluable.

Hair Mittens and Rubbers, warranted all hair, and superior to the English.

Bathing Pans, with and without seats.

Large Sponges for washing.

All of which are highly recommended by the first physicians, and all professional and scientific gentlemen in this and other countries. Also by Prof. Priessnitz, and other hydropathic physicians.

I have made valuable improvements in the manufacture of Shower Baths. Much difficulty has been experienced, (particularly in the southern country,) in the curtains or hangings at the side of the baths, from mildew and dampness. In future all baths made by me will be fitted with curtains which are water-proof,—saturated with oil, which makes them impervious to water.

Another difficulty of much consequence has been surmounted. The leaking at the bottom of the baths has been a source of annoyance. They are now made perfectly secure by Bricket's elastic impervious shield, and are warranted tight.


BADGER'S VAPOR APPARATUS,

To be used with the Shower Bath, or a Chair.

I also manufacture the above article, which is very convenient for a vapor bath.—See cut on the cover.—It is used with an improved spirit lamp, perfectly safe. No fire in the room is required, which saves time and trouble. A Vapor Bath is a great luxury, and very useful in many complaints, as every physician knows.



CAUTION TO THE PUBLIC.

As attempts are always made to injure the sale of any article that is useful, and those less useful are forced into the market, I would caution all persons before they purchase to call and examine the Bath I sell, and I will satisfy them that it is the best to be had. If I cannot do so, I will consent to forfeit my reputation for veracity.—I have manufactured more than  *One thousand* of them, and they have been approved of by all who have purchased them, and done much good by promoting health and comfort.

The following important facts should be borne in mind by persons who are in want of a shower bath. As we have been to great expense, and called the public attention to baths, it is not to be wondered at that there are many who will bring into the market a variety of machines for the purpose of bathing. I will, therefore, point out such defects as we have surmounted after years of study and practice.

We have got rid of the pumps and valves, which have been such a source of vexation and complaint. The leakage of these after being used a short time is destructive to a bath. We use a pan for the water that holds two and a half gallons, and can be discharged the whole at once, or in small quantities.

We have reduced the force that raises the apparatus, not that we gain power, but then it is so distributed that a child six years of age can use our bath, thus doing away the old and worn out plan of hoisting over a pulley, which is so tedious to females and persons of weak constitution.

And what is of the greatest importance, and without which a bath is almost useless, is the large filtering vessel we have, being sufficient to shower the whole body at once, discharging the fluid in large or small streams; a desideratum which is considered of the utmost importance by our physicians.

Let purchasers who are unacquainted with these facts get advice from those whose experience in such matters can be relied on, and they will not fail to be satisfied with our bath.

L. V. BADGER,

At the depot of health, 49 Congress Street, twenty-two feet from the corner of Water St., and but a moment's walk from our city emporium, (Washington Street,) the Broadway of Boston. Those who want the *best Bath* that has yet been made, will be particular and remember the number.

